

GLUTEN FREE BUFFET

BREAKFAST

All Eggs And Omelets Cooked To Order • Scrambled Eggs

All Breakfast Meats:

Bacon • Sausage Links • Sausage Patties • Baked Ham • Corn Beef Hash

Breakfast Potatoes: Hash Browns • Country Fried Potatoes

LUNCH AND DINNER ITEMS

Entrees: Enchiladas, Cheese, Chicken And Turkey (*No Seafood*),
Jambalaya, Seafood Creole (*No Imitation Crab*)

MEATS

Baked Ham • Roasted Turkey • Rotisserie Chicken • Baked And Roasted Chicken • Roast Beef
Pork Loin • Beef Ribs • Pork Ribs (*Non Breaded*) • Pork Chop (*If Broiled*) • Taco Meat
Beef Machaca • Pork Carnita

SAUCES

Marinara • Bolognese • Pomodoro • Raisin • Fruit Glaze • BBQ Sauce • House Made Salsas
Pico De Gallo • Roasted Red Salsa • Tomatillo Salsa

FISH

All Fish Is Gluten Free: Swordfish, Tilapia, Salmon (*Not Stuffed*), Swahi Basa, Red Snapper
It Depends On The Way It Has Been Prepared

Baked, Pouched, Broiled Are Gluten Free. (*With No Sauce Or Flour That Has Been Added*)

POTATOES, BEANS, AND RICES

Mashed Potatoes • Roasted Potatoes • Baked Potatoes • Baked Or Roasted Sweet Potatoes
Brown Rice Wild Rice • Rice Pilafs • Dirty Rice • Red Beans • Charro Beans • Refried Beans
Chinese Sticky Rice (*Stir Fried Rice Has Small Amounts Of Gluten*)

VEGETABLES

All Vegetables Are Gluten Free

Broccoli • Zucchini • Squash • Green Beans • Corn On The Cobb • Cut Corn • Collard Greens
Vegetable Blends (*Except Chinese Stir Fry Vegetables Have Small Amounts Of Gluten*)

SALAD BARS

Lettuces • Fresh Vegetable And Salad Toppings • Yogurts • Cottage Cheese
All Fresh Fruits And Melons (*Some Canned Fruits May Contain Small Amounts Of Added Gluten*)
Dressing Most Contain Small Amounts Of Gluten (*Use Olive Oil And Vinegar*)

DESSERTS

All Desserts Contain Some Form Of Gluten

Frozen Yogurts: Do Contain Very Small Amounts Of Gluten

Sorbet: Are The Only Gluten Free Items

Watermelon • Strawberry • Lemon • Mango • Passion Fruit